



Commencement of Club Activity

Covid 19 Plan and Guidance Version 2



Version Control

Version	Date	Status
1	5 th September 2020	Document Creation
2	11 th September 2020	Revisions to sections 2.2, 6.1, 8.1 and 8.6

1. Introduction

- 1.1. This document sets out plans for a return to activity following the Covid 19 lockdown. In the first instance activities will be limited to Couch to 5k coached sessions with further coached sessions/social runs implemented later.

The decision on whether to take part in any club activity is entirely up to each individual,

The plan has been prepared in good faith. It will be updated from time to time in accordance with guidance, including that from the Government, England Athletics and Newcastle City Council & Urban Green Newcastle

Please note the disclaimer contained in Section 3 of this plan.

2. Background

- 2.1. Club activities commenced on Sunday 6th September 2020 with 3 Couch to 5k courses previously ran under a permit issued to "Couch to 5k – Newcastle West" by Urban Green Newcastle. It is the clubs intention to add to this offering by starting sessions on Tuesday & Thursday evenings from Tyne Riverside Country Park

Should club members / participant(s) fail to follow Government, England Athletics, Club guidance held within this document club activities may immediately be stopped without notice.

This action may be taken at any time by Simon Lynch – Covid 19 Co-Ordinator.

- 2.2. This plan was developed in response to guidance from England Athletics.

It can be found here: <https://www.englandathletics.org/athletics-and-running/news/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-3/>

and here:

<https://www.englandathletics.org/athletics-and-running/news/update-on-competition-planning-july-2020/>

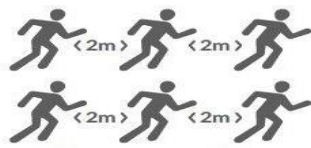
Account has also been taken of England Athletics statement published on 10th September 2020:

- 2.2.1 . Health and Safety Guidance, published 19th June 2020, states:

Resuming club activity will always carry a degree of risk associated with transmission of Covid-19. The risk cannot be eliminated unless you decide not to resume activity until there is an effective vaccine or cure, or the disease is eliminated from the UK. As a club you need to consider what are the key generic, operational and site-specific risks and how you can mitigate these risks by specific actions you take. The law does not expect you to eliminate all risk, but you are required to protect people as far as 'reasonably practicable'.

2.2.2

. In summary this advice is:



Groups of 6 or unlimited in a covid secure environment



Outdoor exercise only
(Indoor can open 25th July)

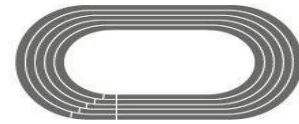


Maintain 2 metres at all times



Follow equipment hygiene procedures

Athletics and running for everyone



Follow venue guidance



Virtual challenges & competitions still available



Follow public guidance for health



Do not take part in activity if self isolating

EA guidance to clubs is:

- A Covid-19 co-ordinator identified in each club to take responsibility for club plan and undertake the relevant risk assessments. These risk assessments and club plans must be in place before any activity can take place in order for insurance to be valid.
- Clubs should consider, as an alternative, virtual options for large group training / coaching and committee meetings.
- Clubs should continue to liaise with venue operators for updates and guidance.
- Club activity can then begin as per each individual club's plan based on government and England Athletics' advice.

2.3. This is the Club Plan referred to above.

The Club Covid 19 Risk Assessment has been completed and complements this plan alongside the existing Risk Assessments for general club activities .

2.4. Review

This Plan and Club Covid 19 Risk Assessment will be reviewed as and when new guidance is issued or monthly to ensure it still reflects the operations of the club .

3.. Communication

This Plan, the Club Covid 19 Risk Assessment and the EA Guidance will be published on the club' Facebook page and will be emailed to all registered members from the clubs official email account – info@newburnrunningclub.co.uk .

3. Disclaimer

- 3.1. The information contained in this guidance is given in good faith but any liability of Newburn Running Club to you or any third party which may arise out of the reliance by you or any other party of the contents of this guidance is hereby excluded to the fullest extent permitted by law.

We would strongly recommend that you consult professional advisors on specific issues before acting or refraining from action on any of the contents of this guidance.

4. Responsibility

This Plan and the Club Covid 19 Risk Assessment have been compiled utilizing guidance from Government & England Athletics.

4.1.1. The Club has made it a condition of participating, in any role, in any club activity that:

- 1. Any person using track, other facilities or equipment follows current England Athletics guidance, see section 2.2 (above)**
- 2. Any person using track, other facilities or equipment must carry out a risk assessment before the activity begins.**
- 3. Any person using track, other facilities or equipment brings their own supply of sanitiser and other necessary cleaning material to each club session and are prepared to undertake cleaning as appropriate;**
- 4. Any person using track, other facilities or equipment cleans their hands before any activity in accordance with government guidance;**
- 5. A person may not take part in any club activity if they:**
 - a. have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to their sense of smell or taste)**
 - b. has been advised by the Test and Trace service that they have been in contact with someone who has tested positive for coronavirus**
 - c. are waiting for a coronavirus test result**
 - d. have tested positive for coronavirus – this means they have coronavirus**
 - e. live with someone who has symptoms, is waiting for a test result or has tested positive**
 - f. Are clinically vulnerable, meaning they are at higher risk of severe illness from coronavirus.**

(Source: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>)

- 6. Any person using track, other facilities or equipment who tests positive for Covid 19 shall advise their coach quickly in order that the club may notify others with whom they may have been in close contact. They must also complete the UKA Covid 19 tracking form. <https://www.uka.org.uk/governance/health-safety/covid-19-form/>**
- 7. Any person using track, other facilities or equipment must be willing to complete an on-site health check, which may involve a non-contact thermometer check**
- 8. Anyone (and particularly athletes and runners in the higher risk groups) using track, other facilities or equipment must should follow any medical guidance they have been given about ensuring good health and welfare. They should consider consulting with their medical or national organization for support and best practice.**
- 9. Finally, participants are required to refrain from spitting.**

5 Coaching

- 5.1. Anyone running (Coaches/ LiRFs) an activity must capture pre-activity health information including participant contact details. They must also ensure that the participant understands and meets the requirements detailed in section 4.1.1 above.

Clubs, groups and coaching/leading an activity can now take place in unlimited numbers if it is within a Covid-19 secure environment, otherwise the limit of groups of six (including a coach or leader) remains. Each Coach/LiRF are able to train 12 people at one time so in a club/running group setting, multiple coaching/training groups can be run if the requisite number of coaches/leaders are present.

Coaches/LiRF's should ensure that an appropriate time buffer is built in between training sessions. The appropriate time should be determined by the club, based on enabling social distancing as well as allowing for adequate cleaning (where necessary) to take place.

In order to lessen the likelihood of large groups congregating, coaches should encourage athletes to arrive just before their session and leave promptly afterwards.

6 Social Distancing / Spectating / Safeguarding

- 6.1. Whilst recognising this will not always be possible, it is important to be aware that the risk of infection increases the closer you are to another person with the virus, and the amount of time you spend in close contact with them. Therefore, you are unlikely to be infected if you walk past another person in the street.

The government recommends that you keep two metres away from people as a precaution or one metre when you can mitigate the risk by taking other precautions in this list.

Source: <https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>

In order to minimise risk, spectating is discouraged.

SAFEGUARDING – The attendance of a parent or guardian or a carer may be necessary, for instance, to risk assess whether they wish the person for whom they have responsibility to participate in an activity, to help ensure that social distancing is maintained. This should be limited to one per athlete where possible.

Members should not attend club session meeting points unless they are specifically signed up to attend the session, ensuring that they meet in the designated meeting points listed by the Coach / LiRF. Meeting points will be posted on the Run Together App as well as the clubs Facebook page.

7 Training Session(s)

From 6th September 2020

- Sunday Morning – 0800 – 1100 (3 Groups)

From 24th September 2020

- Sunday Morning – 0800 – 1100 (3 Groups)
- Tuesday Evening – 1845 – 2015 (2/3 Groups Staggered Start Times)
- Thursday Evening – 1845 – 2015 (2/3 Groups Staggered Start Times)

- 7.1 Coaches/LiRF's will work together to stagger sessions to ensure that social distancing is maintained. Alternative meeting points throughout Tyne Riverside Country Park will also be considered when planning sessions to keep groups separated.

8 Covid 19 Mitigation Measures

8.1 Key People

England Athletics requires that the club appoint a **Covid 19 Coordinator** – this is Simon Lynch Email: info@newburnrunningclub.co.uk

The Covid 19 Coordinator will be supported by on **Duty Covid 19 Coordinators, (DC19Cs)**. Their role is to monitor this Club Plan and Guidance and the complementary Risk Assessments. They will liaise with club members regarding compliance and will report concerns to the Covid 19 Coordinator – The names of DC19C's will be posted weekly on the clubs Facebook page.

Coaches /Run Leaders – licensed by England Athletics and required to follow EA guidance. Coaches/LiRF's shall keep a register of attendees to enable contacts to be tracked and traced if an attendee subsequently tests positive for Covid 19. This register will be kept electronically via the Run Together app where session attendance must be pre booked to ensure the correct number of participants per session

Welfare Issues – Welfare Issues should be reported via info@newburnrunningclub.co.uk

Club Admin

The club plans to conduct monthly meetings via Zoom or similar means to discuss the effectiveness of this document, however it should also be considered as under constant review and where necessary changes will be made to meet both current guidelines and operational situations.

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Questions / Concerns can be raised via the clubs email address or speaking direct to Simon Lynch either at a club session or 07910 074991

8.2 The role of the Covid 19 Coordinator

The COVID-19 Coordinator role is not expected to take full responsibility for all health and safety, or risk assessment protocols implemented by the club. It is the responsibility of the club committee and key officers/volunteers to ensure protocols are implemented and reviewed across the club with the COVID-19 Coordinator acting as the key point of contact for related matters.

Liaising with the facility manager/landowner in relation to all matters concerning COVID- 19.

Producing site-based risk assessments ensuring that the club is compliant with government guidelines. These will need to be updated when guidance or club activity changes or evolves.

Ensuring all necessary levels of risk mitigation are in place prior to training.

Clubs should ensure they are prepared and have planned for circumstances where injuries or other accidents occur, and they have mitigating procedures and plans in place to resolve the issue while maintaining all government guidance ensuring compliance of social distancing measures during training sessions.

Ensuring that volunteers, coaches/leaders, athletes, are adhering to this guidance.

Ensuring that the club complies with the facility restrictions (where applicable) and guidance.

Ensuring the club has a process in place for capturing details of all members / participants who take part in EVERY club session to ensure they can support the UK government track and trace programme.

(Source: EA Guidance for Affiliated Clubs, published July 2020.)

8.3 Risk Assessment

A Club Covid 19 Risk Assessment has been completed and is now available as a supplement to this document

Anyone considering participating in a club activity must carry out their own risk assessment before undertaking any activity. The overriding principle must be Stay Safe.

8.4 Attending Club Sessions

Club members should familiarize themselves with the designated meeting points for the group which they are booked on to. In doing so you should ensure you use the car park closest to the meeting point to avoid oversized groups

Club Members should aim to arrive at the designated meeting point no earlier than 5 minutes prior to the start of session.

Club members should leave the area immediately after the conclusion of their session/ run

8.5 Toilets

At present the club has no access to toilet facilities however facilities are available at the nearby Newburn Activity Centre – All members utilizing these facilities do so at their own risk and should follow the Centre's own guidance plans in relation to Covid 19.

8.5 Equipment and Storage Areas

The club currently has no equipment / storage areas and no equipment other than use on an individual basis shall be brought to club runs / sessions

8.6 First Aid

There will be first aid incidents during club sessions. The Club will follow the spirit of Resuscitation Council UK guidance:

<https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19>

This acknowledges that, whenever first aid is carried out, particularly on an unknown victim, there is some risk of cross infection.

For instance, associated with giving rescue breaths during CPR (but see below). Normally, this risk is very small and is set against the inevitability that a person in cardiac arrest will die if no assistance is given.

There will be other less serious first aid incidents at the track. It is not practical to prescribe the action to be taken in each case. First aiders should risk assess each case and take appropriate action given the type of incident.

The Resuscitation Council UK recommendation in the case of cardiac arrest is:

- Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.
- Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999.
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If there is a perceived risk of infection, rescuers should place a cloth/towel over the victim's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast.

- Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.
- If the rescuer has access to any form of personal protective equipment (PPE) this should be worn.
- After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.